

A RESOURCE GUIDE ABOUT

DATE RAPE



By:
The South Dakota Coalition
Against Domestic Violence and Sexual Assault

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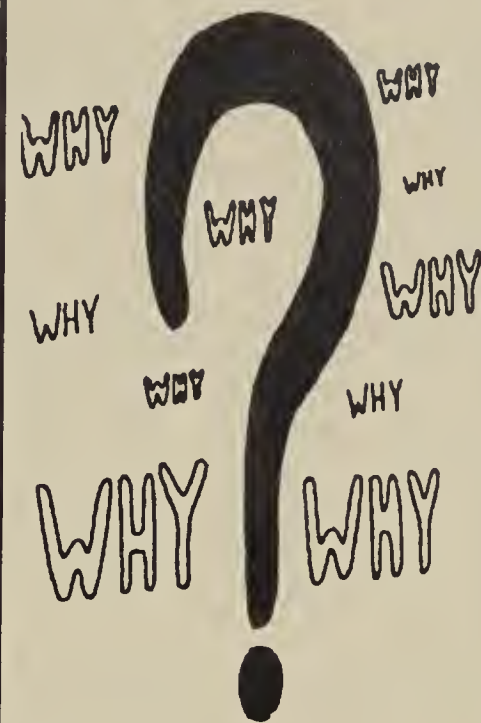
The South Dakota Coalition Against Domestic Violence and Sexual Assault is a coalition of 30 member programs dedicated to eradicating violence in the State of South Dakota. Member programs offer shelter and services to families who are survivors of violence.

This booklet provides information about **Date Rape.**

Date rape is when two people are seeing each other in a dating situation and one person forces the other into sex. The force could be threatening to hurt her, holding her down, or through physical violence. A survey at the University of South Dakota found that 20.6% (or one out of five) female students had experienced date rape. It is more common for a girl to be raped by someone she knows than a stranger.

◆ ◆ ◆ **WHAT IS DATE RAPE ?** ◆ ◆ ◆

The difference between the way boys and girls are raised makes dating relationships confusing. Typically, boys are taught to make decisions, be in charge, and take CONTROL. Boys may learn that girls are supposed to do what they want. So, in a dating situation, a boy may feel he has the right to control the situation and the girl should do what he wants. Often girls learn that a relationship with a boy is more important than anything else. She also learns that she is supposed to do the things a boy wants to do, even if she doesn't really want to do. (The boy says, "What do you want to do?" And the girl says, "Whatever you want to do is O. K. with me.")



Date rape is an issue of power and control, not sex, lust, or passion. The dating relationship seems to set up a power imbalance. Boys are expected to ask girls out, decide what the date will be, and pay for the date. Girls are expected to be "nice," "ladylike," go along with whatever he wants, and sets limits on his sexual behavior. If boys think they have certain rights and privileges within the relationship and girls think they are supposed to give up certain rights and privileges within the relationship, the stage is set for date rape.

The fault does not lie in a girl's ability to say no. As long as boys learn that they have the right to assume a girl will want sex if he wants it, date rape will continue.

1. You are responsible for setting your own sexual limits and to respect the limits set by your partner. Talk about your limits with each other. If those limits change, talk about it before having sex. In the event you both decide it's time for sex in the relationship, take sexual responsibility and discuss issues of birth control, no matter how embarrassing or uncomfortable.
2. "No" doesn't necessarily mean that your partner doesn't like you. She is letting you know what her sexual limits are.
3. Listen to your partner and accept her decision. "No" means "no," no matter how "nice" she may be saying it. Don't make it "yes" because you want it to be yes.
4. You do not have the right to "assume" that your partner wants to have sex with you. Regardless of her dress, behavior, "reputation," previous sexual permission, or because you've spent money on the date. You do not have the right to assume anything.
5. You NEVER have the right to sex from an unwilling partner. Your partner is a person with rights and feelings. Nothing gives you the right to sex, not the amount of money you've spent on her, not how far you've gone before, not her history with other guys, **NOTHING**. Sex with an unwilling partner is rape. Don't make your self believe it's anything else.

6. Avoid the use of alcohol and drugs. Besides being harmful to your body, they interfere with clear thinking and communication.

Growing up to be a sexually responsible adult can be difficult and confusing. It might help to find an adult who can help you understand your rights and responsibilities in a respectful dating relationship.

If a girl tells you "no", take her word for it!

If you are sexually active, take responsibility and use a condom. Condoms are a form of protection against both unwanted pregnancy and sexually transmitted diseases, STDs. STDs are a two way street, you can get a disease as well as transmit one.



1. You have the right to set sexual limits. Set your limits early on in the relationship and talk about them with your partner. If those limits change, talk about it before having sex. Discuss issues of birth control, no matter how embarrassing or uncomfortable. Remember, the first step toward having control over your life is to have control over your body.

2. If your partner cannot respect the sexual limits you've set, be direct and firm. If he continues, don't be "nice" and polite. After all, he's the one who should be embarrassed, not you. If he isn't, then that's his problem. Don't let him put the blame on you for his bad behavior.

3. Nothing justifies your partner's bad behavior. Respect him by allowing him to take responsibility for himself. You do not have to "understand," or make excuses for him.



4. If you feel you are being pressured about sex, you probably are. Trust your feelings. It may be possible to talk it out, but the situation may require action in order for you to escape danger.

5. The first step toward taking action is to assert your rights. Say "no", be firm, direct, and brief. Don't make up excuses or apologize. If talking doesn't work, stay calm and take whatever action you can to deal with the situation in the best way you can.

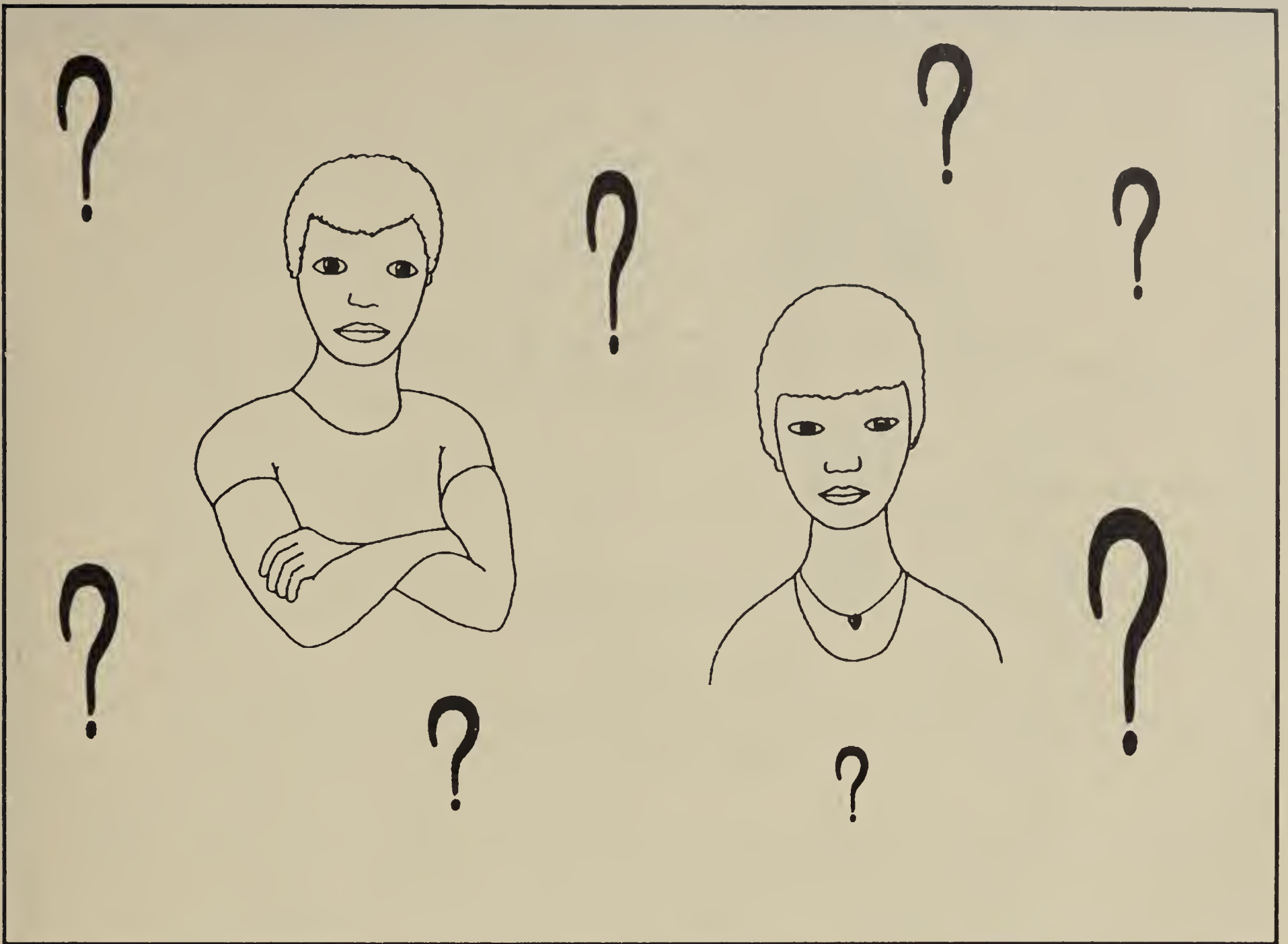
6. Even if he pays for the date (no matter how many dates) that doesn't mean that you owe him anything. He doesn't have the right to assume that because he's "spent money on you" that he has the right to have sex with you.

7. Avoid the use of alcohol and drugs. Besides being bad for your body, they interfere with clear thinking and communication.

8. You have rights. **NOTHING** justifies your partner forcing you to have sex. And remember, you **CANNOT** change an abusive boyfriend. No matter how much you love him. **Don't fool yourself, an abusive dating relationship leads to an abusive marriage.**

It's important that you understand your rights in a dating relationship. It might help to find an adult who can help you understand and learn about your rights.

If you are sexually active - take responsibility and remember to insist on using a condom. Condoms can protect you from an unwanted pregnancy and Sexually Transmitted diseases (STDs). Remember, STDs can be a two way street. You can transmit a STD as well as get one.



Phil: "I don't understand why Cindy won't talk to me. She avoids me in the halls at school and her girlfriend says Cindy doesn't ever want to see me again. We've been dating for about three months. Friday night we went to a party and had a few beers. Later we went parking. We were kissing and I know she wanted it too. Sure, I had to persuade her a little. Sometimes girls think they have to act shy. They're supposed to. Besides, we've come as close as you can without going all the way before. I took her home and thought everything was O. K. She knows she's my girl. I mean it's not like I'm using her or anything. But ever since then she's been acting weird. What's going on?"

Cindy: "Phil and I went parking after the party. We'd both had a few beers and we started kissing. It was really nice at first. We'd come pretty close to going all the way before but I didn't want to. I was really scared of getting pregnant and felt kinda sick. I pushed him away and told him no. But he wouldn't listen to me and didn't stop like he usually does. Then I could tell he was getting mad. I started crying but it seemed like he didn't even care about my feelings. I didn't know what to do. When it was over he took me home and acted like nothing happened. I feel terrible. I thought he was nice. What happened?"

**PHIL and CINDY: THE SAME STORY BUT TWO DIFFERENT POINTS
◆ ◆ ◆ OF VIEW ◆ ◆ ◆**

FOR DOMESTIC ABUSE AND SEXUAL ASSAULT SERVICES, CALL:

ABERDEEN

Resource Center for Women
226-1212

BROOKINGS

Brookings Domestic Abuse Shelter
692-7233

BROOKINGS

Brookings Women's Shelter
692-2777

CUSTER

Women Escaping a Violent
Environment
673-4797

EAGLE BUTTE

Sacred Heart Women's Shelter
964-7233

FLANDREAU

Wholeness Center
997-3535

FT. THOMPSON

Project Safe
245-2471

GREGORY

Child & Family Protection
835-8893

HOT SPRINGS

Crisis Intervention Team
745-6070

HURON

YWCA Family Violence Program
352-9433

LAKE ANDES

Native Am. Women's Health
Education Resource Center/
Women's Lodge
487-7072 or 487-7130

LEMMON

C.A.V.A.
244-SAFE

LOWER BRULE

Services for Victims of Crime
473-5662

MADISON

Madison Area Help Line
256-3336

MARTIN

People Against Violence
685-6206

MITCHELL

Mitchell Area Safe House
996-4440

MISSION

White Buffalo Calf Women's
Society
856-2317

PIERRE

Missouri Shores Women's
Resource Center
224-6224

PINE RIDGE

Sacred Shawl Women's Society
867-5835

RAPID CITY

Project Medicine Wheel
341-7611

RAPID CITY

Women Against Violence
341-4808

REDFIELD

Family Crisis Center
472-3097

SIOUX FALLS

Children's Inn
338-4880

SIOUX FALLS

Citizens Against Rape & Domestic
Violence
339-4357

SISSETON

Witaya Wozani Cinpi
698-4129

SPEARFISH

Women In Crisis Coalition
642-7825

VERMILLION

Vermillion Coalition
624-5311

WATERTOWN

Women's Resource Center
886-4300

WINNER

Winner Area Crisis Line
842-0888

YANKTON

Women's Center/Shelter
665-1448

KAREN ARTICOKER

Mission - 856-2317

CONSULTANTS

BRENDA HILL

Sisseton - 698-3947

